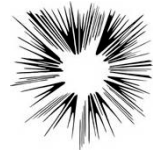




Grace Snap Shot

"Viewing life through the lens of God's grace!"



Be Still!

Written by Art Henkel

There was an occasion when Jesus and his disciples were out on a boat. As Jesus was asleep a storm rose up with wind and waves tossing their boat about. The disciples fearing for their lives woke Jesus up in a panic. *"And He got up and rebuked the wind and said to the sea, "Hush, be still." And the wind died down and it became perfectly calm." Mark 4: 39.*

Several days ago I enjoyed spending an afternoon with eight other guys as we sailed around a number of small West Coast Islands and stopped off for lunch on an island resort. Our experience was certainly different than that of Jesus' disciples. Brilliant sunshine, calm waters, stunning scenery and good company made for an awesome mini retreat. With Captain Harold in charge of the ship the rest of us could simply sit back and enjoy ourselves.

As the hours ticked by we engaged in rich conversation (yes, I'm talking guys here), enjoyed cool beverages, good laughs and God's spectacular creation. When I think of it I don't remember seeing any signs of stress on my fellow boater's faces. No one seemed to be consumed with worry about whether we were on course, whether there was enough fuel in the ships tank or whether the depths of the waters were sufficient. No, we were resting in the fact that our capable Captain was in charge and this freed us up to enjoy our journey.

The more I experience life in Jesus and gain understanding of my identity in Him, the more relaxed (be still) I become in this journey of life. I know Him as my trustworthy captain friend, but He is also the ship that I am in, the waters I sail on and my great destination. He is my all. Living in light of this frees me up to enjoy His undeniable beauty. *"Cease striving and know that I am God;" Psalm 46:10b*